

Minuteman Senior Services October 2016 - DRAFT Senior Dining Menu

Donation: \$2.00

Menu subject to change without notice.

All Soups served with crackers.

All meals include margarine and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE	For weather emergencies and cancellations, please check Fox 25 TV station.	Acton 978-263-5053 Arlington Sr. Ctr. 781-316-3423 Arlington Heights 781-221-7081	Burlington 781-221-7094 Littleton 978-540-2474 Maynard 339-234-3726	Stow 781-825-5194 Woburn 781-221-7084
3 Grilled Chicken Breast w/ Honey Mustard Sauce Orzo Pilaf w/ Spinach Broccoli Whole Wheat Dinner Roll Mixed Fruit	4 Chicken & White Bean Chili White Rice Italian Blend Veg Whole Wheat Bread Spice Cake Diet: Lorna Doons	5 **HIGH SODIUM** **Ham & Cheese Bake Tater Tots Tossed Salad Multigrain Bread Applesauce	6 Minestrone Soup Breaded Pollock Filet Tartar Sauce Cous Cous Whole Wheat Bread Fresh Fruit w/ C	7 Roast Pork with Rosemary Gravy Sweet Potato California Veg Rye Bread Fruit Loaf
Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:
10 Columbus Day No Meals	11 Salisbury Steak with Jardinere Gravy Sour Cream/Chive Potato Tossed Salad Rye Bread Butterscotch Pudding Diet: Strawb. Graham	12 Cheesy Cauliflower Soup Alaskan Salmon Boat with Dill Sauce Rice Pilaf Multigrain Bread Tropical Fruit	13 Chicken Meatball with Marinara Sauce Cavatappi Pasta Au Gratin Broccoli Italian Bread Escalloped Apples Diet: Sliced Apples	14 Grilled Chicken Breast with Herb Sauce Yams Italian Blend Veg Whole Wheat Bread Strawberry Yogurt
Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:
17 Beef Stew Green Beans Whole Wheat Bread Pineapple Chunks	18 Chicken Drumstick with Hawaiian Sauce Brown Rice Cauliflower Multigrain bread Almond Cookie Diet: Gingerboy	19 Turkey a la King Penne Pasta Tossed Salad Wheat Dinner Roll Applesauce	20 Butternut Bisque Roast Pork with Cran Orange Sauce Whipped Potatoes Italian Bread Lemon Pudding Diet: SF Lemon Pud	21 Broccoli Bake Home Fries Stewed Tomatoes Whole Wheat Bread Fresh Apple
Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:
24 Corn Chowder Grilled Chicken Breast wit BBQ Sauce Yams Rye Bread Fruited Jello Diet: SF Jello	25 *White Vegetable Lasagna Carrots Italian Bread Mandarin Oranges	26 Autumn Harvest Soup Diced Chicken with Lemon Picatta Sauce Cavatappi Pasta Wheat Bread Vanilla Yogurt	27 Special Roast Beef w/ Au Jus Sour Cream/Chive Potato Tossed Salad Dinner Roll Chocolate Brownie Diet: Choc Grahams	28 Chicken Keilbasa Spanish Rice Peppers & Onions Hot Dog Bun Fresh Fruit w/ C
Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:
			For questions about the nutritional information in this menu or your nutritional needs, contact: Denise Mercury RD, LDN 781.221.7018 or 1.888.222.6171 x7018 d.mercury@minutemansenior.org	

This program is made possible in part by funding from Executive Office of Elder Affairs. The Sodium values are listed beside each menu item. The total calories include the calories from milk, soup and crackers. Each carton of milk provides 110 calories and 125mg sodium. The nutrition information here is meant to guide you with your daily choices. It is by no means exact and recipes are continually being reviewed.

Entrees that contain more than 500mg sodium are designated by an *.